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FLU & *Pneumonia* IMMUNIZATION



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ARM
YOURSELF
WITH THE
FACTS ABOUT
IMMUNIZATION

Illinois Department of Public Health

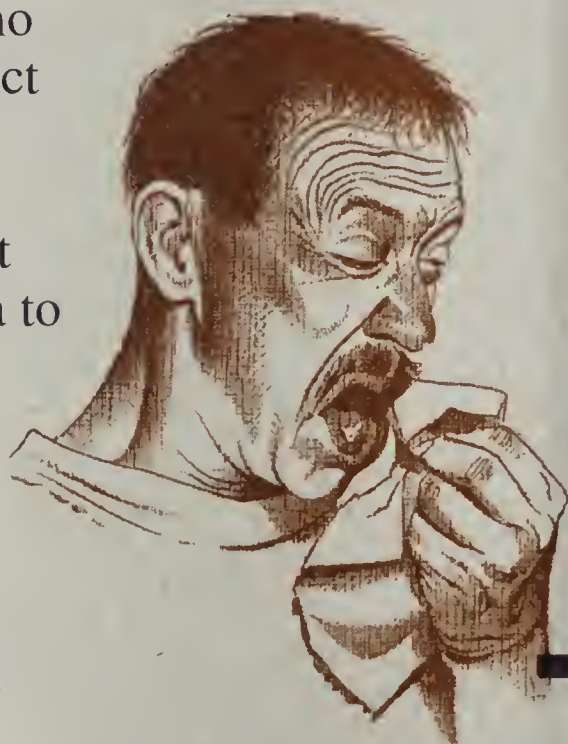
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Influenza and pneumococcal disease are often fatal in some groups of adults

Influenza (flu) and pneumococcal disease (pneumonia, bacteremia and meningitis) are serious and widespread illnesses. Although most people recover, these diseases cause as many as 4,000 deaths each year in Illinois. Most deaths occur in certain groups of adults. The high-risk groups include:

- **people with serious long-term illnesses including:**
 - heart, lung or kidney disease
 - diabetes
 - alcoholism
 - anemia or asthma;
- **those with diseases or receiving treatments that lower immunity;**
- **residents of nursing homes;**
- **all adults 65 years of age and older;**
- **children 6 months of age or older with chronic diseases or who take aspirin on a continual basis.**

Also, adults who have regular contact with the high-risk groups should be immunized against flu and pneumonia to reduce the possibility of spreading the disease.



Flu and pneumonia can be prevented by immunization

Influenza vaccine should be received each year and pneumococcal vaccine should be received just once.

Fewer than one-in-four members of the recommended groups are protected against these illnesses. Hospitalization costs for pneumonia, the most common flu-related complication, average \$5,300 per patient. During flu epidemics, hospitalization rates for high-risk adults increase as much as two to five times.

Immunization may not prevent flu and pneumonia for some people, but will reduce the severity and protect against complications.

Talk to your doctor or nurse about immunization

Vaccines are generally safe and effective. However, some people do have reactions to flu or pneumonia immunizations. If you are allergic to eggs or have a fever, you should check with your doctor before receiving the vaccine.

Because of the way the vaccines are made, it is not possible to catch these illnesses from immunization. Immunizations should be given only by doctors or other qualified persons. If you have any questions about immunization, talk to a health care professional as soon as you can.

Keep your own immunization record

No one should be more concerned with your health than you. A personal immunization record will provide you with the information needed to ensure that you are safe from preventable disease. Ask your health care provider for an up-to-date and accurate record.

For information about immunization, contact:

Flu and pneumococcal vaccines are available at most health departments at a reduced cost. The government will pay for flu shots for Medicare Part B beneficiaries.

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Health Protection For All Ages

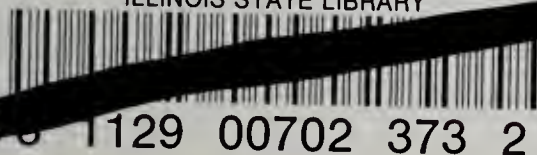
*If you are 65 years of age or older or
if you have a serious long-term
illness:*

- You should be immunized
against flu **EVERY YEAR;**
- You should be immunized
against pneumonia
just **ONCE.** It may be
recommended for certain
people who fall into the high-
risk groups to be reimmunized
after six years.



**Consult your doctor for
details on other
immunizations for adults**

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LEARN about recommendations for immunization for adults against influenza, pneumonia, diphtheria, tetanus, measles, mumps and rubella.

Keep your immunizations up-to-date.

CARRY an up-to-date immunization record.

**Illinois Department of
Public Health**

Division of Infectious Diseases

Immunization Program

525 W. Jefferson St.

Springfield, IL 62761

800-526-4372

TDD

(for hearing impaired use only)

800-547-0466

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